

SUSHI AND AMERICAN RICE



Step by Step


USA Rice
Have a rice day.





Ingredients

- 1kg USA Sushi rice
- Approx. 1.3 litres of water (depending on the rice brand you use)
- 2g kombu (dried kelp, a form of seaweed that grows near Hokkaido Island)
- 110g sugar
- 2 tbsp sea salt
- 220ml rice wine vinegar

You can view the basic recipe in a step-by-step video at www.usarice.eu

1. Place the rice in a large bowl and cover with cold water. Gently stir the rice to release its starch content then drain. Repeat this with clean water 5 more times, until the water remains clear as the rice is stirred. Be careful not to break the rice, especially in the final rinse, as the rice will become more delicate. Cover with cold water and leave to soak for 1 hour. Drain the rice thoroughly and combine the rice and the measured amount of water in a heavy saucepan with a tight-fitting lid. Bring to a boil over a medium heat, then increase the heat to high for 2 minutes. Turn the heat back to medium and cook for a further 5 minutes then finally reduce the heat to very low and cook for a remaining 12 minutes, all of the water should be absorbed. Remove from the heat, wrap the saucepan in a towel and set aside for 10 minutes.

2. Score the kombu with a knife in a few places, to release its flavour. Wipe the kombu with a

damp cloth to remove any grit, being careful not to wipe off all the dried sea salt. Combine the sugar, salt, vinegar and kombu in a small saucepan and warm over a low heat, stirring to dissolve the salt and sugar. DO NOT let the mixture boil. Cool the liquid to room temperature and remove kombu.

3. Set an electric fan onto medium and transfer the rice into two 5cm deep baking trays. Place the trays in front of the fan and then drizzle half the vinegar mixture over one of the trays of rice. Using a rice paddle, cut and fold the rice with horizontal strokes, to cool the rice and incorporate the vinegar mixture. Continue until the rice has cooled to slightly warmer than room temperature and has taken on a 'shiny' appearance; repeat with remaining rice. When finished, combine all of the rice in one tray, cover with cling film and begin to make the perfect sushi.



Ingredients (for 15 sushi pieces):

- 1 mango
- Wasabi paste
- 450g prepared USA Sushi rice (please see basic recipe)
- 1 sheet dried seaweed (Nori)
- Wasabi paste and pickled ginger slices to serve

Nutritional value per piece:

Approx. 55kcal, 230kj, 1g Protein, 0g Fat, 13g Carbohydrate

What are the cooking qualities of USA Sushi rice?

The Japonica, medium and short grain rice, grown in the USA all have the optimum absorption and sticking qualities essential for quality sushi rice.

1

Peel the mango and cut the flesh off the stone. Slice the flesh into 15, thin (approx. 3 x 5 cm) pieces. Spread the mango pieces thinly with the Wasabi paste.



2

Take one tablespoon (approx. 30g) of the USA Sushi rice and form it into an oblong shaped dumpling. Press one piece of the mango, Wasabi side down onto it.



3

Slice the seaweed into 15 strips and tie the strips around the sushi like a 'belt'. Repeat with all the remaining ingredients.





Who invented the California Roll?

The 'inside-out' California Roll was invented by kitchen pioneer Mashita, in the restaurant Tokyo Kaikan in little Tokyo (Los Angeles). A noteworthy and interesting fact is that this new style of sushi found its way back across the Pacific to Japan.

Ingredients (for 4 rolls or 32 pieces of sushi):

800g prepared USA Sushi rice (see basic recipe)

Thai red chilli sauce

2 sheets of dried seaweed (Nori)

8 prawns (each 10 - 15g)

200g red caviar (e.g. Tobiko)

Wasabi paste and pickled ginger slices to serve.

Nutritional values per piece:

Approx. 45kcal, 190kj, 2g Protein, 0.5g Fat, 8g Carbohydrate

Take 200g of USA Sushi rice and colour red with the Thai red chilli sauce.

1

Spread a handful of USA Sushi rice on the sheet of seaweed (Nori) and press evenly onto it with your fingers. Turning the seaweed (Nori) over to the other side, spread with approx. 50g of the 'coloured' rice.



2

Lightly press the rice onto the sheet of seaweed (Nori) and then add the prawns, positioning toward the top of the bamboo mat.



3

Roll the bamboo mat, completely surrounding the roll and pressing as you go. Afterwards, sprinkle Tobiko-Caviar (red caviar) on all sides of the roll.



4

Before using the knife to cut the roll, dip it into water and then vertically tap the knife on the table to spread the water over it. Cut the roll into eight pieces. Repeat process with the remaining ingredients.



WHITE AND RED MAKI
with fried Halibut



Doesn't sushi actually mean 'raw fish'?
No, actually the word describes the fine sourness of the prepared sushi rice. This emphasises how important the rice is for sushi, which is why it is best to use a premium quality rice from the USA.

Ingredients (for 6 rolls or 36 pieces of sushi):

- 725g prepared USA Sushi rice (see basic recipe)
- 50 - 75ml Teriyaki sauce
- Oil for frying
- 1 red pepper
- 3 sheets of dried seaweed (Nori)
- 150g fresh Halibut fillet
- Wasabi paste and pickled ginger slices to serve

Nutrient content per piece:

Approx. 40kcal, 170kJ, 2g Protein, 0.5g Fat, 7g Carbohydrates

Slice the fish fillet into strips and marinade them in the Teriyaki sauce for 30 minutes. Drain the fish slices and fry them in hot oil for 1 minute, then dry the fillets on kitchen paper. Deseed the pepper and cut into small strips.

1

Cut the seaweed sheets (Nori) in half, then put one half sheet on top of the bamboo mat and spread Wasabi paste thinly over it. Spread approx. 120g USA Sushi rice on top.



2

Place the fish and the pepper strips lengthwise on it.



3

Roll the bamboo mat forward, pressing the ingredients inside.



4

Press the mat firmly and remove the rolled sushi. Then cut into 6 pieces, always wiping your knife with a wet cloth before slicing. Repeat with the remaining ingredients.



WHITE AND RED MAKI
with fried Halibut

USA Rice on the Web:

We hope you have found this brochure informative and beneficial.

Our classic sushi rice recipe shown here was created by a sushi master chef from the Culinary Institute of America in California. You can also find these step by step sushi instructions at www.usarice.eu.

Our web site also allows you to view an educational video with a cooking demonstration, as well many other sushi recipes that you may find of interest. If you have any further questions regarding American rice, or if you would like further brochures, recipes or other information, then please contact us at the email address below.

USA Rice Federation

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